



# TEACHER IN-SERVICE PROVES TO BE "HEALTHY"

It was a "Rainbow of Colors" at the Teacher In-Service held at the Colman-Egan School on March 28.

With the increase of health issues for all Americans, the Colman-Egan School is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating habits and physical activity.

As part of a state mini-grant awarded to the C-E School, the Teacher In-Service Training was focused on nutrition and physical activity. Janii White, Moody County Public Health Nurse, and Nina Kappes, RDLN from Avera McKennan Health, presented the program. The group learned about exercise, wellness center opportunities, food values, reading food labels, and much more.

Pictured around the "Rainbow" of treats are, left to right, Nina Kappes, RDLN, Superintendent, Roger Fritz, and P.E. & Health Instructor, Lane Carroll.